

## School Wellness Evaluation

### 403A

#### I. Nutrition Services

Instructions: Carefully read over the questions and circle the most appropriate answer in the columns to the right of the questions.

#	Question	Yes	No	In Progress
1	Does your school offer breakfast and lunch programs?			
2	Does your school offer Cold low-fat and fat-free milk with each meal Four foods containing whole grains offered weekly Two choices of fruit (or 100% fruit juice) daily Two choices of vegetables daily			
3	Do a la carte offerings (foods that are sold individually in the lunch line) include low-fat dairy products(s), fresh fruit, vegetables(s) and whole grain food(s) every day?			
4	Do school vending machines, stores, and concession stands during school hours offer low-fat dairy products, fruits, vegetables and whole grain foods?			
5	Your school tries to promote healthy food and beverage choices by how many of the following ways? Placing healthy foods in prominent positions Displaying nutritional information Offering nutritious food at better prices than food of less nutritional value Advertising healthy foods through menus or posters			
6	In the past two weeks, did the majority of students have at least 10 minutes to eat breakfast at school?			
7	In the past two weeks, did the majority of students have at Least 20 minutes to eat lunch at school?			
8	Are most foods served in your school of high quality (fresh, attractive) with a good variety?			
9	Is the eating experience pleasant for students and adults?			
10	Does your school encourage staff, students and families in nutrition awareness?			
11	Is nutritional information (about nutritional content of food) available for foods served in school meals to help students make healthful eating choices?			
12	Does your school promote the benefits of consuming low-fat/fat-free dairy products, fruits, vegetables and whole grains students?			

13	Is the withholding of food as punishment of students prohibited?			
14	Is drinking water available at meals and throughout the day?			

## II. Physical Education / Physical Activity

Instructions: Carefully read over the questions and circle the most appropriate answer in the columns to the right of the questions.

#	Question	Yes	No	In Progress
1	Does your school have required physical education courses?			
2	Does your school prohibit the substitution of other courses or activities, such as interscholastic sports or band, for physical education?			
3	Do boys and girls in your school have the opportunity to participate in extra-curricular physical activity (e.g., intramurals, physical activity clubs, dance clubs, and interscholastic sports)?			
4	Do students have the opportunity to participate in physical activity breaks (short breaks that involve physical movement) in school on a daily basis?			

## III. Family and Community

Instructions: Carefully read over the questions and circle the most appropriate answer in the columns to the right of the questions.

#	Question	Yes	No	In Progress
1	Do parents and other community members help plan and implement school nutrition and physical activity programs (e.g., volunteering in the cafeteria, classroom or at special events)?			
2	Does your school support community based athletic programs that involve students by providing sport venues when available?			
3	Does your school encourage staff, student and family participation in wellness activities such as sport, exercising, walking, etc.?			